

## Evidence-Based Child and Adolescent Psychosocial Interventions

This tool has been developed to guide teams (inclusive of youth, family, educators and mental health practitioners) in developing appropriate plans using psychosocial interventions. Teams should use this information to prioritize promising options. For specific details about these interventions and their applications (e.g., age setting, gender) see the most recent Evidence Based Services Committee Biennial Report (<http://www.hawaii.gov/health/mental-health/camhd/library/webs/ebs/ebs-index.html>).

Problem Area	Level 1- BEST SUPPORT	Level 2- GOOD SUPPORT	Level 3- MODERATE SUPPORT	Level 4- MINIMAL SUPPORT	Level 5- KNOWN RISKS
<b>Anxious or Avoidant Behaviors</b>	Cognitive Behavior Therapy (CBT); Exposure	CBT with Parents; Group CBT; CBT for Child and Parent; Educational Support; Modeling	None	Eye Movement Desensitization and Reprocessing (EMDR), Play Therapy, Individual (Supportive) Therapy; Group (Supportive) Therapy	None
<b>Attention and Hyperactivity Behaviors</b>	Behavior Therapy <sup>§</sup> ; Parent Training <sup>§</sup>	None	None	Biofeedback; Play Therapy, Individual or Group (Supportive) Therapy, Social Skills Training; "Parents are Teacher," Parent Effectiveness Training, Self-Control Training	None
<b>Autistic Spectrum Disorders</b>	None	None	Applied Behavior Analysis; Functional Communication Training; Caregiver Psychoeducation Program	Auditory Integration Training; Play Therapy, Individual or Group (Supportive) Therapy	None
<b>Bipolar Disorder</b>	None	Interpersonal and social rhythm therapy*	Family psychoeducational interventions*	All other psychosocial therapies	None
<b>Depressive or Withdrawn Behaviors</b>	CBT <sup>§</sup> ; CBT **	CBT with Parents; Interpersonal Therapy; Relaxation	None	Behavioral Problem Solving, Family Therapy, Self-Control Training, Self-Modeling, and Individual (Supportive) Therapy	None
<b>Disruptive and Oppositional Behaviors</b>	Parent Training	Anger Coping Therapy; Assertiveness Training; CBT; Problem Solving Skills Training, Rational Emotive Therapy, AC-SIT, PATHS and FAST Track Programs	Social Relations Training; Project Achieve	Client-Centered Therapy, Communication Skills, Goal Setting, Human Relations Therapy, Relationship Therapy, Relaxation, Stress Inoculation, Supportive Attention.	Group Therapy
<b>Eating Disorders</b>	CBT* (bulimia only)	Family Therapy (anorexia only)	None	Individual (Supportive) Therapy	Some Group Therapy
<b>Juvenile Sex Offenders</b>	None	Multisystemic Therapy**	None	Individual or Group (Supportive) Therapy	Group Therapy**
<b>Delinquency and Willful Misconduct Behavior</b>	None	MST; Functional Family Therapy; Multidimensional Treatment Foster Care	None	Individual Therapy, Juvenile Justice System	Group Therapy
<b>Schizophrenia</b>	None	None	Behavioral Family Management*; Family-Based Intervention*; Personal Therapy*; Social Interventions*	Supportive Family Management*; Applied Family Management*	None
<b>Substance Use</b>	CBT	Behavior Therapy; Purdue Brief Family Therapy; Functional Family Therapy; Family Systems Therapy	None	Individual or Group (Supportive) Therapy, Interactional Therapy, Family Drug Education, Conjoint Family Therapy	Group Therapy

\* Based on findings with adults only; \*\* if delinquency and willful misconduct are present. § Also consider medication alone or combined treatment for hyperactivity, or combined treatment for depression or hyperactivity, academics (reading), and family interaction.